



### MONDAY

Shrimp Fried Rice



### TUESDAY

Burrito Bowl  
(with Variations)



### WEDNESDAY

Chicken Wild Rice Soup



### THURSDAY

Reverse Sear Steak



### FRIDAY

Grilled Halibut



### SOUP OF THE WEEK

Mom's Meatball Soup



### WEEKEND WONDER

Baked Rice Pudding



# MENU #3

## SHOPPING LIST

### MEAT / SEAFOOD

- ☐ Shrimp: 1 lb (M)
- ☐ Ground beef: (85% lean) 1 lb (T)
- ☐ Boneless chicken: 1 lb (W)
- ☐ Ribeye steaks: 2 lbs (TH)
- ☐ Halibut fillet: 2 lbs (F)

### DAIRY / REFRIGERATED

- ☐ Eggs: 4 (M)
- ☐ Mexican cheese: 1 cup (T)
- ☐ Sour cream:  $\frac{1}{3}$  cup (T)
- ☐ Whole milk: 2 cup (W)
- ☐ Unsalted Butter: 4 tbsp (W)

### PRODUCE

- ☐ Green onions:  $\frac{1}{3}$  cup (M)
- ☐ Avocado: 1 large (T)
- ☐ Cilantro:  $\frac{1}{4}$  cup (T)
- ☐ Carrots: 2 (W)
- ☐ Onion: 1 (W)
- ☐ Lemon: 1 (F)
- ☐ Pico de Gallo: 1 cup (bought or make [your own](#) ) (T)

### PANTRY / OTHER

- ☐ Flour:  $\frac{1}{2}$  cup (W)
- ☐ Wild rice: 1 cup (W)
- ☐ Salt: 8 tsp (M, W, TH)
- ☐ Better Than Bullion: 2 tbsp (W)
- ☐ Taco seasoning: 2 tbsp (T)
- ☐ Sesame oil: 1 tbsp (M)
- ☐ Oil: 5 tbsp (M, TH, F)
- ☐ Rice: 7 cups (Basmati or Jasmine) (M, T)
- ☐ Corn: 1 cup (T)
- ☐ Soy sauce: 3 tbsp (M)
- ☐ Bay leaves: 2 (W)
- ☐ Corn Starch : 1 tsp (M)
- ☐ Garlic Parsley Salt: 1 tbsp (F)
- ☐ Ground Black Pepper: 2 tsp (TH)

### NOTES:

- If planning to make any of the secondary suggested recipes (weekend wonder & soup of the week), make sure to add those ingredients to your shopping list
- Don't forget to add the usual snacks and fruit to your grocery list, too! Fruits, nuts, cheeses, and yogurt are my regulars.